

## Methodology of interdisciplinary and nursing studies based on Islamic documents

Every methodology is supposed to pursue the philosophy in its target society. Therefore, it is necessary to Muslims society generate knowledge through methods recognized in Islamic sciences. Moreover, expanding the boundaries of knowledge can help scholars discover new dimensions of knowledge and make them available to others. Hence, it is essential to introduce the various methodologies to researchers who need to understand the cultural differences in scientific discovery and explore new realms of knowledge through Islamic methodologies. In Islamic interdisciplinary studies and other branches, there have been numerous strategies proposed so far, one of which will be discussed in this paper concerning the medical sciences and anthropology. There are several assumptions within this methodology. Firstly, humans need to adopt an ideology and worldview. Secondly, Muslim scholars believe in Islam and lead their lives and plans according to Islamic beliefs. On the other hand, every human being acts according to certain religious, cultural experiences and interactions with the universe.

Due to limited experiences and knowledge, however, Muslims do not always act according to the genuine Islam. In fact, the cultural experiences and interactions with universe lead to human behavior and performance not necessarily compliant with Islamic guidelines for human development and transcending. Another presumption is that human knowledge and experiences about the world are incomplete, since there are huge ambiguities particularly about the spirit and supernatural of human beings. Nonetheless, the physical world and human bodies are not completely understood, either. By the Islamic belief that God has created human beings and universe, is aware of their needs and can devise the best plan for human life, the divine instructions should be adopted to realize the perfect human. Nevertheless, it is critical to focus on the human experiences and understanding the universe, since every human being decides to realize the perfect life through those very experiences and knowledge about how to pursue the divine instructions. Therefore, it is essential in the second stage to gain an insight into the human intellectual capacities and experiences, thereby to extract the conventional methodologies within anthropology and medical sciences. At the third stage, it should be assumed that human beings are inclined toward perfection, so as to devise a plan assisting humans to realize their perfection according to divine instructions. Such plan is not only characterized by human nature and societal realities, but also helps humans progress toward ultimate perfection.

The researchers took three steps in this methodology, including 1) identification of desirable human characteristics based on Islamic methodologies within relevant literature, 2) identification of human characteristics based on the conventional methodologies, and 3) proposing a new instructional plan based on the findings of the last two steps concerning how human beings can progress toward perfectionism and realize the ideal lifestyle.

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